



Equipment coaches will be getting from the club:

- A bag of balls in either size 3 (U8 – U9), size 4 (U10 – U13) or size 5 (U14+)

Note that the bag can be stored in the centre bunker of Caulfield Park or taken home and looked after by either the coach or Team Manager.

- A coach's fluoro vest that must be worn at all times on training nights.
- A coach's back pack consisting of :
 - A ball pump
 - A stack of cones
 - A set of green bibs (note that we encourage players to wear their orange away shirts for training nights.)
 - A coaching board

Note that in your Team Manager's kit there will be:

- A medical kit
- Ice packs
- A referee whistle
- Ground marshal vest x 2



Club requirements from a coach of any team at MFCC:

- **Working with Children Card**
- **Bank details for payments**
- **A high level of commitment to the team and club**
- **Be on time for all sessions, games and events.**
- **Work harmoniously with your TM.**
- **Work harmoniously with the club coaching co-ordinator.**
- **Complete clubs Member Protection Plan course.**



Coach's Etiquette – Plan

Training Sessions

- If you are going to be late to training or can't make it at all contact your TM or coach co-ordinator to advise them.
- Prepare for the training sessions with FV curriculum coaching manual provided by coaching co-ordinator.
- Arrive at the training field at least 10 min before the session to arrange correct set up.
- Have all equipment ready and checked before kicking off eg. Balls pumped up etc; note that an electric ball pump will be installed in the centre bunker for your use.
- Set up your allocated area on Caulfield Park for your team; for Mini Roos teams about $\frac{1}{4}$ of a field, for Junior teams about $\frac{1}{2}$ of a field.
- For your use and the team too we monitor the toilets in the centre bunker and encourage all players to use that facility only, for safety reasons. No other toilets in the park are monitored by the club. The change rooms in the centre bunker are also available for your team's use if needed.
- Children are not allowed to leave the training area unsupervised by an adult; anyone needing to go to the toilet must be escorted by an adult, hence the importance of having at least one adult from your team at every training session.
- After training children are not allowed to leave the area unaccompanied.
- As a coach you must not leave any children unattended on the park at any time.

Training Plans

- Stay out of the penalty area during training as much as possible
- Coaches are allocated a specific part of Caulfield Park as their training area for their particular team. Do not move your training sessions around the park unless you have permission from the coaching co-ordinator.
- Respect other coach's areas and equipment.
- At the end of the session make sure that all equipment is collected and put away properly. It is suggested that you get the players to collect all equipment in a fun way.



Coach's Plan

Matchdays

- If you are going to be late or cant make it to a game let your TM know in advance.
- Make sure to arrive to all games early enough to arrange a warm up and team organisation for your team.
- Make sure rotation of players is adhered to as per club policy below.
- Be respectful to all players, parents, supporters and all opposition teams.

ROTATIONS

Mini Roos U8 – U11

- In general all players in all Mini Roos teams should get equal playing time over the length of a season.

Junior teams U12 – U14

- In general all players should be getting at least 50% playing time over the length of a season.

Junior Teams U15 – Senior Women

- Teams playing in each age group in the highest section will be as competitive as possible. Player rotation during the game remains the coaches' prerogative. There is no guarantee of equal time for all players.
- Age groups in which we only have one squad will also be as competitive as possible. The strongest available team will be selected for matches. Player rotation during the game remains the coach's prerogative. There is no guarantee of equal time for all players.
- In all other teams' rotation is prescribed. It is impossible to provide all players with equal game time.



MFCC FOOTBALL PHILOSOPHY

Winning is the purpose of football but it is the manner and importance that differ.

To take our Club to the highest level, we focus on:

- Development rather than results
- The skilful instead of the powerful
- Mistakes being learning moments instead of mistakes being punished
- Encouraging individual play instead of forbidding individual play
- Encouraging taking initiatives / risks instead of forbidding taking initiatives / risks
- Playing out purposefully instead of the long ball.